

CLAIMS

I claim:

1. A method of body weight reduction, comprising administering a body weight reducing amount of *hoodia gordonii* at least once every about 48 hours, for at least about 45 days.
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2. The method of claim 1, said *hoodia gordonii* administered at least three times every 24 hours.
3. The method of claim 1, further comprising administering a second compound selected from the group consisting of a stimulant and glucosamine, said second compound administered in an amount sufficient to lessen the amount of *hoodia gordonii* required for body weight reduction.
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4. The method of claim 3, said second compound comprising a stimulant and glucosamine.
5. The method of claim 4, said *hoodia gordonii* present in an amount from about 5 to about 200 milligrams per day, said glucosamine present in an amount from 0 to about 200 milligrams per day, and said stimulant comprising caffeine present in an amount from 0 to about 250 milligrams per day.
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6. The method of claim 3, wherein said *hoodia gordonii* consists essentially of the whole *hoodia gordonii* plant, less the roots.
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7. The method of claim 2, comprising administering from about 5 to about 200 milligrams of *hoodia gordonii*, together with from about 50 to about 200 micrograms of chromium, from about 10 to about 50 micrograms of vanadium, 0 to about 400 milligrams of glucomannan, from about 25 to about 200 milligrams of sodium carboxymethylcellulose, 0 to about 15 milligrams of citrus naringinine, 0 to about 200
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milligrams of glucosamine, 0 to about 500 milligrams of cocoa PEA standardized extract, and 0 to about 250 milligrams of green tea extract.

8. The method of claim 2, comprising administering about 100 milligrams of

hoodia gordonii, together with about 75 micrograms of chromium, about 15

5 micrograms of vanadium, about 100 milligrams of sodium carboxymethylcellulose, about 7.5 milligrams of citrus naringinine, about 162.5 milligrams of cocoa PEA standardized extract, and about 250 milligrams of green tea extract.

9. The method of claim 2, comprising administering about 100 milligrams of

hoodia gordonii, together with about 75 micrograms of chromium, about 15

10 micrograms of vanadium, about 100 milligrams of sodium carboxymethylcellulose, about 7.5 milligrams of citrus naringinine, and about 250 milligrams of green tea extract.

10. The method of claim 2, comprising administering about 100 milligrams of

hoodia gordonii, together with about 75 micrograms of chromium, about 15

15 micrograms of vanadium, about 50 milligrams of sodium carboxymethylcellulose, and about 5 milligrams of citrus naringinine, about 325 milligrams of cocoa PEA standardized extract.

11. The method of claim 2, comprising administering about 150 milligrams of

hoodia gordonii, together with about 150 micrograms of chromium, about 30

20 micrograms of vanadium, about 400 milligrams of glucomannan, about 100 milligrams of sodium carboxymethylcellulose, and about 10 milligrams of citrus naringinine.

12. The method of claim 2, comprising administering about 150 milligrams of

hoodia gordonii, together with about 150 micrograms of chromium, about 30

micrograms of vanadium, about 400 milligrams of glucomannan, about 100 milligrams

of sodium carboxymethylcellulose, about 10 milligrams of citrus naringinine, and about 100 milligrams of glucosamine.

13. The method of claim 2, comprising administering about 7.5 milligrams of *hoodia gordonii*, together with about 75 micrograms of chromium, about 15 micrograms of vanadium, about 200 milligrams of glucomannan, about 50 milligrams of sodium carboxymethylcellulose, about 5 milligrams of citrus naringinine, about 100 milligrams of glucosamine, about 200 milligrams of cocoa PEA standardized extract, and about 165 milligrams of green tea extract.
14. The method of claim 2, comprising administering about 7.5 milligrams of *hoodia gordonii*, together with about 75 micrograms of chromium, about 15 micrograms of vanadium, about 200 milligrams of glucomannan, about 50 milligrams of sodium carboxymethylcellulose, about 5 milligrams of citrus naringinine, about 200 milligrams of cocoa PEA standardized extract, and about 165 milligrams of green tea extract.
15. The method of claim 2, comprising administering about 100 milligrams of *hoodia gordonii*, together with about 75 micrograms of chromium, about 15 micrograms of vanadium, about 200 milligrams of glucomannan, about 50 milligrams of sodium carboxymethylcellulose, about 5 milligrams of citrus naringinine, about 50 milligrams of glucosamine, about 162.5 milligrams of cocoa PEA standardized extract, and about 125 milligrams of green tea extract.

16. The method of claim 2, comprising administering about 100 milligrams of *hoodia gordonii*, together with about 75 micrograms of chromium, about 15 micrograms of vanadium, about 200 milligrams of glucomannan, about 50 milligrams of sodium carboxymethylcellulose, about 5 milligrams of citrus naringinine, about

162.5 milligrams of cocoa PEA standardized extract, and about 125 milligrams of green tea extract.

17. The method of claim 2, comprising administering from about 5 to about 200 milligrams of *hoodia gordonii*, together with from about 50 to about 200 micrograms of chromium, from about 10 to about 50 micrograms of vanadium, from 0 to about 200 milligrams of sodium carboxymethylcellulose, 0 to about 15 milligrams of citrus naringinine, 0 to about 100 milligrams of glucosamine, 0 to about 500 milligrams of cocoa PEA standardized extract, 0 to about 250 milligrams of green tea extract, from about 10 to about 200 milligrams of 3-acetyl-7-oxo-dehydroepiandrosterone, and 0 to about 15 milligram of ma huang .

18. The method of claim 2, comprising administering from about 5 to about 200 milligrams of *hoodia gordonii*, together with from about 50 to about 200 micrograms of chromium, from about 10 to about 50 micrograms of vanadium, from 0 to about 200 milligrams of sodium carboxymethylcellulose, 0 to about 15 milligrams of citrus naringinine, 0 to about 500 milligrams of cocoa PEA standardized extract, 0 to about 250 milligrams of green tea extract, and 0 to about 250 milligrams of *Coleus Forskohlii*.

19. A composition of matter for body weight reduction, comprising a body weight reducing amount of *hoodia gordonii* together with a second compound selected from the group consisting of a stimulant and glucosamine, said second compound administered in an amount sufficient to lessen the amount of *hoodia gordonii* required for body weight reduction.

20. The composition of claim 19, said second compound comprising a stimulant and glucosamine.

21. The composition of claim 19, said *hoodia gordonii* present in an amount from about 5 to about 200 milligrams, said glucosamine present in an amount from 0 to about 200 milligrams, and said stimulant comprising caffeine present in an amount from 0 to about 250 milligrams.
- 5 22. The composition of claim 19, wherein said *hoodia gordonii* consists essentially of the whole *hoodia gordonii* plant, less the roots.
23. The composition of claim 19, comprising from about 5 to about 200 milligrams of *hoodia gordonii*, from about 50 to about 200 micrograms of chromium, from about 10 to about 50 micrograms of vanadium, 0 to about 400 milligrams of glucomannan,
- 10 15 milligrams of citrus naringinine, 0 to about 200 milligrams of glucosamine, 0 to about 500 milligrams of cocoa PEA standardized extract, and 0 to about 250 milligrams of green tea extract.
24. The composition of claim 19, comprising about 100 milligrams of *hoodia gordonii*, together with about 75 micrograms of chromium, about 15 micrograms of vanadium, about 100 milligrams of sodium carboxymethylcellulose, about 7.5 milligrams of citrus naringinine, about 162.5 milligrams of cocoa PEA standardized extract, and about 250 milligrams of green tea extract.
- 15 20 25. The composition of claim 19, comprising about 100 milligrams of *hoodia gordonii*, together with about 75 micrograms of chromium, about 15 micrograms of vanadium, about 100 milligrams of sodium carboxymethylcellulose, about 7.5 milligrams of citrus naringinine, and about 250 milligrams of green tea extract.
26. The composition of claim 19, comprising about 100 milligrams of *hoodia gordonii*, together with about 75 micrograms of chromium, about 15 micrograms of

vanadium, about 50 milligrams of sodium carboxymethylcellulose, about 5 milligrams of citrus naringinine, and about 325 milligrams of cocoa PEA standardized extract.

27. The composition of claim 19, comprising about 150 milligrams of *hoodia gordonii*, together with about 150 micrograms of chromium, about 30 micrograms of vanadium, about 400 milligrams of glucomannan, about 100 milligrams of sodium carboxymethylcellulose, and about 10 milligrams of citrus naringinine.
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28. The composition of claim 19, comprising about 150 milligrams of *hoodia gordonii*, together with about 150 micrograms of chromium, about 30 micrograms of vanadium, about 400 milligrams of glucomannan, about 100 milligrams of sodium carboxymethylcellulose, about 10 milligrams of citrus naringinine, and about 100 milligrams of glucosamine.
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29. The composition of claim 19, comprising about 7.5 milligrams of *hoodia gordonii*, together with about 75 micrograms of chromium, about 15 micrograms of vanadium, about 200 milligrams of glucomannan, about 50 milligrams of sodium carboxymethylcellulose, about 5 milligrams of citrus naringinine, about 100 milligrams of glucosamine, about 200 milligrams of cocoa PEA standardized extract, and about 165 milligrams of green tea extract.
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30. The composition of claim 19, comprising about 7.5 milligrams of *hoodia gordonii*, together with about 75 micrograms of chromium, about 15 micrograms of vanadium, about 200 milligrams of glucomannan, about 50 milligrams of sodium carboxymethylcellulose, about 5 milligrams of citrus naringinine, about 200 milligrams of cocoa PEA standardized extract, and about 165 milligrams of green tea extract.
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31. The composition of claim 19, comprising about 100 milligrams of *hoodia gordonii*, together with about 75 micrograms of chromium, about 15 micrograms of

vanadium, about 200 milligrams of glucomannan, about 50 milligrams of sodium carboxymethylcellulose, about 5 milligrams of citrus naringinine, about 50 milligrams of glucosamine, about 162.5 milligrams of cocoa PEA standardized extract, and about 125 milligrams of green tea extract.

- 5 32. The composition of claim 19, comprising about 100 milligrams of *hoodia gordonii*, together with about 75 micrograms of chromium, about 15 micrograms of vanadium, about 200 milligrams of glucomannan, about 50 milligrams of sodium carboxymethylcellulose, about 5 milligrams of citrus naringinine, about 162.5 milligrams of cocoa PEA standardized extract, and about 125 milligrams of green tea extract.
- 10 33. The composition of claim 19, comprising from about 5 to about 200 milligrams of *hoodia gordonii*, together with from about 50 to about 200 micrograms of chromium, from about 10 to about 50 micrograms of vanadium, from 0 to about 200 milligrams of sodium carboxymethylcellulose, 0 to about 15 milligrams of citrus naringinine, 0 to about 100 milligrams of glucosamine, 0 to about 500 milligrams of cocoa PEA standardized extract, 0 to about 250 milligrams of green tea extract, from about 10 to about 200 milligrams of 3-acetyl-7-oxo-dehydroepiandrosterone, and 0 to about 15 milligram of *ma huang*.
- 15 34. The composition of claim 19, comprising from about 5 to about 200 milligrams of *hoodia gordonii*, together with from about 50 to about 200 micrograms of chromium, from about 10 to about 50 micrograms of vanadium, from 0 to about 200 milligrams of sodium carboxymethylcellulose, 0 to about 15 milligrams of citrus naringinine, 0 to about 500 milligrams of cocoa PEA standardized extract, 0 to about

250 milligrams of green tea extract, and 0 to about 250 milligrams of *Coleus Forskohlii*.

35. A method of body weight reduction, comprising administering *hoodia gordonii* in an amount sufficient to suppress the appetite after said administration, said administration repeated a plurality of times, each said time occurring before said *hoodia gordonii* causes an appetite stimulating effect.
36. The method of claim 35, said *hoodia gordonii* administered at least three times every 24 hours.
37. The method of claim 35, further comprising administering a second compound selected from the group consisting of a stimulant and glucosamine, said second compound administered in an amount sufficient to lessen the amount of *hoodia gordonii* required for body weight reduction.
38. The method of claim 37, said second compound comprising a stimulant and glucosamine.
- 15 39. The method of claim 38, said *hoodia gordonii* present in an amount from about 5 to about 200 milligrams per day, said glucosamine present in an amount from 0 to about 200 milligrams per day, and said stimulant comprising caffeine present in an amount from 0 to about 250 milligrams per day.
40. The method of claim 37, wherein said *hoodia gordonii* consists essentially of
20 the whole *hoodia gordonii* plant, less the roots.